

JVB RUSH – Junior Olympic Volleyball

North Central Region

Mission and Philosophy

JVB Volleyball is an organization whose goal is to provide competitive volleyball while striving for sportsmanship, teamwork, friendship, and growth. We want athletes to be able to compete in multiple sports while continuing to improve their volleyball skills.

Club Communication

All information will come from emails from coaches or director or will be posted on the main website. If you need to contact a coach the email and phone numbers will be supplied at the beginning of the season. Club Director is Jean Just who may be contacted at jeanjust@kw.com

TEAMS

Regular Season Teams: The season will run Dec – April for ages 13-17. Tryouts are open to students from any school, the goal is to have teams that will consist of 8-10 players to maximize coach-player interaction and playing time.

13-16 year olds: JVB will house one or two teams at each level depending upon the number of girls at tryout balanced with the amount of gym time available. Practices average about twice a week. Each team will play in at least 6 one day tournaments with the option to do one overnight along with the tournament the club hosts. Each coach will work with their team to schedule those tournaments.

17 Year olds: JVB will hold a 17s team if there is enough interest through pre-registrations. The decision will be made at least one week prior to the tryout dates. The team will participate in at least 6 one day tournaments with the option of doing a two day.

Tryouts

Pre-registration: Players who pre-register by filling out the form on the website and send in all paperwork in advance will pay a discounted fee. The pre-registrations help the club plan for the tryout and reduce the lines at the tryout time.

Injury or Illness: a player who has registered for tryouts and cannot participate due to an injury or illness will be excused if noticed is received prior to the tryout session. The player will be able to try out for a spot when she is healthy enough to participate. A time will be set-up to make up the tryout.

Player Tryout Evaluation: A team of JVB coaches will be at each tryout session to evaluate every player's volleyball skills. The player is evaluated on their current volleyball ability, coachability, effort level, attitude, anticipated potential, and general athleticism.

Team Selection: Players will be placed on a team based upon their own merits. If players have played on a previous year's team, their prior commitment and character will also be considered. No player will be placed on a team over a more deserving candidate because he/she has previously played on a traveling team.

Once tryouts are complete using the data collected along with recommendations by the evaluators, teams will be posted on the clubs website by the pre-determined time. We will post the teams ASAP so players who do not make the team may find another club to play for.

FEES

Tryout Fee: The specified fee is non-refundable and will be collected at the time of registration or at your tryout session there is a reduced fee for pre-registrations.

Season Fee: Specific fees can be found on the website but the fees cover the following:

North Country Region player, team, coaches, and director fees

Coaches, assistants, and director

Equipment and supplies

Gym rental fees

Tournament fees

Player wear (warm-up and jerseys)

Fundraising: JVB hosts 1 – 2 Tournaments a year to help keep the cost for each player reasonable. All parents and players are expected to work at the tournament.

Refunds: Refunds of fees will be considered upon written request to the Club Director and will be made at the board's discretion. The player is responsible for covering the cost of all fees, clothing, salaries, and other costs the club has paid up to the point of refund.

Eligibility:

We do not play in qualifiers so birthday or grade can decide on age level for the player:

17 and under Division: Players who were born on or after Sept. 1, 2000/ grade 11

16 and under Division: Players who were born on or after Sept. 1, 2001/ grade 10

15 and under Division: Players who were born on or after Sept. 1, 2002/ grade 9

14 and under Division: Players who were born on or after Sept. 1, 2003/ grade 8

13 and under Division: Players who were born on or after Sept. 1, 2004/ grade 7

Player Expectations

Respect the Game/ Respect the Club

Players are responsible for their actions on and off the court. This is true during practices, team activities, matches, and even at school as each player represents the whole JVB Volleyball Club.

1. Hustle
 - a. Player are expected to quickly move on and off of the court
 - b. Go for every ball, even if the ball is projected as unplayable, the player should make a play on the ball. Coaches will teach this during practices and games.
2. Positive Attitude
 - a. Players should have a positive attitude toward the game, their teammates, coaches, fans, officials, and everyone else involved within the game or practice they are attending. Negativity will be dealt with immediately and consistently.
3. Uniform
 - a. Players wear will be clean and worn appropriately
 - b. Spandex must be at least a 4" inseam and black in color
4. Officials
 - a. Arguing with officials is not acceptable by neither the parents nor players. It is the coach's responsibility to deal with officials in the appropriate manner.
5. Other Players and Coaches
 - a. Respect will be shown for all opposing plyers and teammates at all times
 - b. Respect will be shown for all opposing and JVB coaches at all times
6. Practice
 - a. Practice time is the most important time for players to hustle and listen

- i. Players must hustle between activities/contacts. NO walking in the gym!
 - ii. Players must refrain from goofing off or not listening while the coach is speaking
 - iii. There will be no cell phone use during practice unless there is an emergency
 - b. Supporting fellow teammates should be conducted at all times
 - i. All players should be paying attention to the game and cheering on fellow players
- 7. Phones at Team Events will be limited
 - a. Players are expected to be involved in all team activities at tournament events; this is a time for team building.
 - b. Absolutely no phones will be used while your team is responsible for officiating a match.
- 8. Communication with coaches
 - a. Players/Parents must contact coaches through Email or Phone if they plan on missing any practice, team event, or tournament.

Participation

JVB as a program understands the balance players need to make with volleyball, academics, activities, and social lives. We expect the players to realize that the team counts on everyone (coaches and players) to be at as many practices and events as possible. JVB believes a player should participate in all scheduled practices, tournaments and team events unless an excused absence is granted prior to the day of the event/practice. If there is a last minute issue the athletes should text, email, or call the coach ASAP. Attendance will be taken at the beginning of each practice and absences without being excused will effect playing time or may lead to disqualification for an event. Extenuation and unusual circumstances will be reviewed on a case-by-case basis. (Please note that at the upper grade levels the coaches will do their best to work around Varsity School Sports)

Injury or Illness Absence

A player who is sick from school or is injured the day of practice still needs to contact the coach through and email, phone, text, to state that they will not be at practice. If this rule is not followed it will be counted as an unexcused absence. We know this is an extra responsibility when the player is already not healthy; however, the coach needs this information so they can plan practice accordingly. If the coach is not contacted it will count as an unexcused absence.

Blood Policy

A player or coach may be injured during practice or a game. Anyone who is bleeding or who has an open wound shall be prohibited from participating in the game or practice until appropriate treatment has been administered. If medical care or treatment cannot be administered in a reasonable amount of time, the individual will have to leave the game or practice. Once the bleeding has been stopped, the player or coach may re-enter the game or practice.

Excused/ Unexcused Absences

Players who miss practice or tournament hurt their team's ability to play at the best of their ability. Coaches can plan around pre-excused absences but unexcused absences are very difficult to deal with at times. For this reason the club has the following penalties for unexcused absences:

1st Offense: Player will miss one game in which she was planned to play in (this means the player might sit two or three games straight)

2nd offense: Player will miss two games in which she was planned to play in

3rd offense: Player will miss three games in which she was planned to play in

4th offense: Player will miss the next tournament the team plays in.

Note: The player is still expected to be in attendance for the games or tournament she is sitting.

Other Disciplinary Issues

The JVB Volleyball Club disciplinary policies will mirror those of MSHSL (Minnesota State High School League). However, JVB reserves the right to build upon those policies.

A coach, referee, or director may suspend any player, parent, or coach who acts in a non-sportsman like manner, as described in the “Behavior” section of this guide. Subsequent violations may result in the player, parent, or coach being removed from the program. All violations must be reported to the Director.

Behavior

One of the objectives of the program is to teach respect for the game and officials. JVB employees, players and parents will be held to the highest standards of sportsmanship.

Conduct that will not be tolerated includes verbal abuse, tantrum-like acts, profanity, physical aggression on or off the court, acts intended to cheat the spirit of the rules, or acts meant to intimidate the referees. Referees may use their discretion whether to issue a warning or to immediately eject the violator (coach, player, or spectator) from the game. If a parent or player has a problem with the performance of a referee, he/she should direct his/her concerns to the team’s coach. The coach represents JVB and should be the only person communicating with the referees.

Players will treat their coaches, parents, teammates, the referees, and the opposition with respect. After each game, the participants will line up and shake hands. Spectators are restricted to the areas that are “out of play: and away from the benches.

Player Removal from JVB Program

Once a team is selected, a coach cannot replace a team member solely because of a lack of skill. A player may be released for the following specific reasons:

- Frequent flagrant disregard of the player’s responsibilities.
- Continued play in such a manner as to endanger others and/or self

- Displaying an uncaring/disrespectful attitude, which results in not applying oneself, thus hurting the teams competitive and team building potential.
- Failure to work within a team environment (placing self-interest before the teams).
- Repeated non-sportsman like behavior.
- Any use of drug, tobacco, or alcohol at any point during the season.

Before requesting the removal of a player, the coach must discuss the situation with the director and the player's parents to attempt to correct the situation. The discussion should include an objective description of the behavior and of the intended discipline. If this fails to correct the situation, the coach must then notify the director a second time who must approve any further action. The removal of a player has never happened and hopefully it never will happen.

Evaluations

Parents and players are asked to complete an evaluation at the end of each season on their experience with the JVB Volleyball program and their coaches. This is a great opportunity to express your opinions and to help us make improvements. Contents of evaluations are confidential and are viewed by the Director unless you specifically check the area saying your comments may be shared with the coach and/or put onto the Testimonials part of the website.

Problem Resolution

When a player or parent has a major concern about the handling of the team or an individual player, they should:

- Adhere to the "24 Hour Rule" which requires a player/parent to wait at least 24 hours after the practice or tournament before approaching a coach on the matter.
- Choose a time and place that is convenient for all parties involved (player, parent, coach, and possibly the director) and approach the situation in an appropriate manner (keep the emotions under control, keep the discussions polite and to the point, and keep the discussions private and out of the earshot of the other players or parents).

If the problem persists or cannot be resolved between the player, parent and the coach within 72 hours, it should be brought to the attention of the Director. At this time, the Director will act as a mediator between the player, parent and the coach. All parties involved will meet to discuss the situation and strive for a solution.

Parent/Guardian Code of Conduct

As a parent/guardian of a child involved in the JVB program, I/we agree to abide by and follow the rules and guidelines listed below:

- I/we will encourage good sportsmanship through my/our actions, by demonstrating positive support for all players, coaches, and officials at every game or practice.
- I/we will promote the emotional and physical well-being of the athletes ahead of any personal desire to win.
- I/we will remember the game is for the athletes and not for the parents
- I/we will demand that my/our child treat others players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- I/we will treat all players, coaches, and officials with dignity and respect in language, attitude, behavior, and mannerisms.
- I/we will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I/we will make sure our daughter informs the coach, within a reasonable period of time, of any anticipated absence from a game or practice my child might incur due to sickness, injury, vacation, or any other reason.